



WHAT DO WE OFFER IN **SECONDARY SCHOOLS?**

@BDMHST_NELFT

Assemblies promoting:

5 Ways to Wellbeing Mental health

awareness

Sleep Hygiene

Support available

Exam Stress Workshop for Parent/Carers

1:1 support directly with Young People for Anxiety & Low Mood

Staff Workshops:

Anxiety in the Classroom

Exam Stress

Language & Emotional Wellbeing

LGBTQ+ Training

Managing Risk

Myth Busting

Further Staff Support:

- Clinical Supervision Consultations
- Drop-ins

Workshops for Young People:

- 5 Ways to Wellbeing
- College Transition
- Emotional Regulation
- Exam Stress
- Intro to Brain Health
- Sleep Hygiene
- Tools for Confidence

Targeted Groups for Young People:

- Anxiety Management
- Self-Esteem